

BARRINGTON SENIOR CENTER

SEPTEMBER 2009

Come Learn Something New!

Nationally Accredited

281 County Rd

247-1926

PROGRAMS ARE STARTING UP AGAIN!

After a summer break, many programs are resuming! Most are free!

CHORUS - starting Tuesday, September 8th, 1:00pm, new members are welcome!

DANCE MUSIC - Wednesday afternoons at 1pm, starting September 9th

CHAIR YOGA - adding Mondays, starting September 14th, 9:30am

PAINTING CLASSES - starting Tuesday, September 15th, 9:30am or 12:30pm.

CHAIR MASSAGE

Friday, September 4th and 18th, 12:00 - 3:30pm, in the Fitness Room

\$10.00/ 15 minutes or \$20.00/ 30 minutes, w/ Buffy

Make an advanced appointment with your payment at the Center

Sponsored by the Bayside Family YMCA.

CENTER CLOSINGS

Monday, September 7th - Labor Day

NEW 4 HR - AARP SAFE DRIVING COURSE

Thursday, September 10th, 3:30 pm – 8:00 pm

People 55+ yrs. (sometimes 50+ - check w/ your insurance company) may get a discount on their automobile insurance for taking this course. Discounts vary; contact your insurer for the amount of discount they offer and to see if you qualify. This new 4 hr course is condensed from 8 hours so please be **prompt at 3:30pm for completion of AARP forms and your insurance certificate. No late comers will be allowed.**

The class will take place 4:00 p.m. - 8:00 p.m. The fee is **\$12.00 for AARP members.** You must bring your National AARP membership card or active membership number to class. **Non-members or those who do not bring their National AARP membership card or active membership number that day, the fee will be \$14.00.** If you do not have your AARP membership card, call 1-888--687-2277, to obtain the number.

Registration & pre-payment at the Center are required ASAP as space is limited. PLEASE make checks payable to AARP. For more info, call the Senior Center @ 247-1926. You can bring a snack or sandwich to eat during the class break. Coffee will be provided.

CHAIR YOGA - MONDAYS & WEDNESDAYS- 9:30- 10:15am

Free classes, sponsored by the Bayside Family YMCA

MAH JONG

Starting Monday, September 14th - November 9th (8 weeks), 12:30 - 2:30pm

Beginner Classes are \$20.00/person w/ Instructor Pam Grove.

Learn the modern "**American**" version of this tile game (played with a card), developed by the National Mah Jongg League (NMJL). The object of this game is to make the tiles match up with a hand on the card. This game version is very popular in FL. Bring in a game board if you have one! Space is limited to 12 beginner students, registration and payment are due in advance and \$8.00 to purchase the special card!

FLOWERS FOR EVERYONE

Friday, September 18th, "Animal Crackers" w/ Sally Gruber

Please join us in a celebration of animals! Each participant will receive a handmade container featuring a favorite mammal, bird or amphibian. Using a bounty of colorful flowers, students will create thematic arrangements. Following this, we will enjoy animal poetry, music and of course, crackers! Don't miss this wild and wonderful program!

\$10.00/person, payment due ahead with sign up by 9/15.

FLU CLINIC

Friday, September 25th, 1:00pm - 3:00pm

(3:00- 4:00pm open to the general public)

Services provided by VNS

Come get a number **ahead** with an estimated time for your shot!

PAINTING CLASSES

Tuesdays, 9:30am- 11:30am or 12:30pm - 2:30pm,

Starting September 15th (through December 15th)

\$30.00 for 12 classes, payment due at first class.

Paint w/ watercolors, oils or acrylics - on any medium.

Bring your own supplies. Work from still life or photos.

Instructor Judy Keeley offers assistance.

FYI

Have you ever had the urge to create an object artistically? The Center has just the group for you to learn the creation of objects d' arte. Every Thursday at 1:00pm several experienced, novice, and beginner wood carvers meet for lessons in this ancient art. Instructions in the use of the several tools, the techniques of sharpening, carving, and painting caricatures are provided on a "no charge" basis by Dan Elkins. All are welcome for this informal activity and great conversation, 1- 3pm Thursdays!

ACTIVITY CLUB TRIPS AND ACTIVITIES

New membership cards are available, \$5.00/yr. for people 55+ yrs old

(Please advise us of handicap limitations when signing up for a trip)

Membership renewal is due October 1st, get your new card!

SEPT. 7TH (Mon)....LABOR DAY CRUISE, on the Vista Jubilee. \$32.00 /person.
Brunch, entertainment w/ Bobby Justin, and a 2 hr. stop in Newport
(entrance to the Irish Festival is an additional \$2.00).
Sponsored by Warren's First United Methodist Church.
Boarding: 10:15am, Return: approx. 5:00pm

SEPT. 16 -17TH (W/Th)....WEST POINT, HUDSON RIVER & FDR's HYDE PARK
Day 1: Arrive early afternoon at FDR's Library/Museum in Hyde
Park,
THIS then onto the Holiday Inn for a wine and cheese reception, and
Dinner.
TRIP **Day 2:** After breakfast it's off to a guided tour of West Point, a
lunch buffet will await you at the West Point Officers' Club, then sit and
IS relax on a narrated cruise along the Hudson River before heading
FULL home.
8pm Leave: 8:00am, from Holy Angels Church on Motor Coach, Return:

SEPT. 29TH (Tues)....MEMBERSHIP PARTY - 6:30pm - at the Center
Entertainment by the Vinny Ames and refreshments.
(sign up on bulletin bd if you would like to donate a dessert)
COME GET YOUR NEW MEMBERSHIP CARD!!!

OCT. 12TH (Mon)....FOLIAGE TRIP TO NH & CASTLE IN THE CLOUDS
Enjoy this ride on Columbus Day amidst the scenic fall splendor of
NH.
Lunch at Hart's Turkey Farm includes an entree choice of turkey,
sirloin of
beef, or baked haddock w/ fresh whipped potatoes, butternut squash,
salad, and rolls. Then, off to see the beauty of the NH Lakes region,
touring the 5200 acre estate of millionaire Thomas Plant's Castle in the Clouds.
On the way home, a stop at a local farm stand and an ice cream store will
end the trip!
Leave: 8:00am, Town Hall Parking Lot, Return: 6:00pm.
\$53.00/member, **full payment due 9/23.**

NOV 16TH (Mon).... "MISTLETOED" @ Cornerstone Theatre
This fun-filled Holiday Show will follow a stop at Foxwoods to
play, eat, and shop (\$15.00 food and \$15.00 keno voucher included).

\$50.00/member, **full payment due 10/16.**

Leave: 8:30am, from Town Hall lot, Return: 6:30pm

NOV. 20TH (Fri).....THANKSGIVING CELEBRATION, RAFFLE
& ACTIVIYTY CLUB QUARTERLY MEETING - 1:00pm
A short business meeting followed by: a Chorus Performance,
Dance Music,
Special Refreshments and Activity Club Raffle!

DEC 9TH (Weds)....HOLIDAY PARTY @ VENUS DEMILO - 12:00pm
"A Day With Sinatra", featuring Michael Dutra and a sing-a-long
w/ "Just Juli". Meal choice of Baked Scrod or Chicken Francaise
w/ minestrone soup, potato, vegetable, dessert and coffee. Favors
and Door prizes, also! Transportation on your own - except for
those who regularly ride the bus! \$20.00/member, **due by 12/4.**

.....
RECIPE CORNER

VANILLA SHORTBREAD

1 3/4 Cup Flour
3/4 Cup Sugar
Pinch or Salt
11 T (5.5 oz.) Unsalted Butter, Diced
1 tsp Vanilla Extract
Extra Sugar For Dusting

Whisk flour, sugar, salt in a bowl
and add the vanilla and butter. Sand
in the butter with your fingertips until
you have coarse crumbs. Press the mixture
in a parchment paper lined 9x9 pan and
bake at 350 for about 25 minutes, turning
the pan halfway through, until golden brown.

Remove from the oven, sprinkle with
sugar, and, while still warm, cut in squares,
rectangles, or whatever shape you wish, then
let cool completely in the pan Enjoy!!

SEPTEMBER 2009 ACTIVITY CALENDAR

MMWE	TUESDAY	WEDNESDAY	THURSDAY
	1) 9:30am- Senior Strength	2) 9:30am- Chair Yoga 10:00am- Knitting / Chess 10:30am- Correct Breathing 12:30pm- Men's Bridge	3) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Carving
7) CENTER CLOSED (Labor Day)	8) 9:30am- Senior Strength 10:00am- Current Events 1:00pm- Chorus	9) 9:30am- Chair Yoga 10:00am- Knitting / Chess 10:30am- Correct Breathing 12:30pm- Men's Bridge 1:00pm-Dance Music	10) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Carving 3:30pm- AARP Safe Dri
14) 9:30am- Chair Yoga 10:30am- Computer Class 12:30am Mah Jong 7:00pm- Duplicate Bridge	15) 9:30am- Painting 9:30am- Senior Strength 12:30pm- Painting 1:00pm- Chorus	16) 9:30am- Chair Yoga 10:00am- Knitting / Chess 10:30am- Correct Breathing 12:30pm- Men's Bridge 1:00pm- Dance Music	17) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Carving
21) 9:30am- Chair Yoga 10:30am-Computer Class 12:30pm -Mah Jong 7:00pm- Duplicate Bridge	22) 9:30am- Senior Strength 9:30am-Painting 10:00am- Current Events 12:30pm- Painting 1:00pm- Chorus	23) 9:30am- Chair Yoga 10:00am- Knitting / Chess 10:30am- Correct Breathing 12:30pm- Men's Bridge 1:00pm-Dance Music	24) 9:30am- Senior Strength 10:30am- Blood Pressure 1:00pm- Bingo 1:00pm- Carving
28) 9:30am- Chair Yoga 10:30am-Computer Class 12:30pm - Mah Jong 7:00pm- Duplicate Bridge	29) 9:30am- Senior Strength 9:30am-Painting 12:30pm- Painting 1:00pm- Chorus 6:30pm- Membership Party	30) 9:30am- Chair Yoga 10:00am- Knitting / Chess 10:30am- Correct Breathing 12:30pm- Men's Bridge 1:00pm-Dance Music	

SEPTEMBER 2009 - MENU

MM	TUESDAY	WEDNESDAY	THURSDAY
<p>Thank You all for your donations. Your generous donations continue to keep this program running. Please call 24 hours in advance for a reservation or cancellation.</p>	<p>1. Chicken Noodle Soup Stuffed Pepper Seasoned Pasta Sliced Carrots Rye Bread Vanilla Pudding Pdding (Chicken Salad on Rye)</p>	<p>2. Vegetable Soup Roast Turkey w/ gravy Mashed Potato Mixed Vegetables Pita Bread Sliced Peaches (Honey Ham on Pita)</p>	<p>3. End of Summer Celebration Lemo Low Sodium Hot Do Roll w/ Condiments Lettuce/Tomato/Cucumber w/Dressing Potato Salad Watermelon Hamburger on Roll W</p>
<p>7) LABOR DAY</p> <p>CENTER CLOSED</p>	<p>8. Beef And Rice Soup Chicken Parm Ziti w/Sauce Italian Blend Vegetables Italian Bread Italian Ice (Roast Beef on Italian)</p>	<p>9. Chicken Escarole Veal Pattie w/gravy Oven Roasted Potatoes Florentine Vegetable Lite Oatmeal Cookie Turkey on Lite Oatmeal</p>	<p>10. Tomato Juice Shepherds Pie w/ Potatoes Brussel Sprouts Garlic Stick Wheat Bread Apricots (Egg Salad on Wheat)</p>
<p>14. Chili Soup Sausage Peppers, & Onions AuGratin Potatoes Grinder Roll Ice Cream Sandwich (Italian Tuna on Roll)</p>	<p>15. HISPANIC HERITAGE Paypaya Soup Grilled Chicken Cajan Beans Broccoli Fresh Fruit (Seafood on White)</p>	<p>16. Cream of Cauliflower Soup Yankee Pot Roast /grease/beans Buttered Noodles Rye Bread Pear Halves (Pastrami & Cheese)</p>	<p>17. HAPPY BIRTHDAY Beef Vegetable Soup Boneless Port Loin Mashed Potato Peas Wheat Bread Brownie (Chicken Salad on Wheat)</p>
<p>21. Chicken Soup W/Anci DiPep BBQ Ribs Baked Beans Baby Whole Carrots Bulky Roll Mixed Fruit (Italian Chicken Salad)</p>	<p>22. VOLUNTEER LUNCHEON Juice Tuna Salad Dinner Pasta Salad Chick Peas Rolls Fresh Fruit (Bologna & Cheese)</p>	<p>23. Kale & Bean Soup Rotisserie Chick Quarter Scalloped Potatoes Broccoli Wheat Bread Apple Pie (Italian Grinder)</p>	<p>24. Barley Soup Stuffed Cabbage Wax Beans Long Grain Wild Rice Marble Bread Omelette Cup (Salami & Cheese)</p>
<p>28 Minestrone Soup Meatballs w/Sauce Macaroni w/ Sauce California Blend Italian Bread Chef's Choice Pudding (Egg Salad on Italian)</p>	<p>29. Egg Drop Soup Sweet & Sour Chicken Egg Roll Fried Rice Fortune Cookies Wheat Bread Pineapple Chunks (Honey Ham)</p>	<p>30. BRUNCH FOR LUNCH Orange Juice Western Omelet Hash Brown Log Baked Ham Muffin Fruited Yogurt</p>	<p>1% Milk and Coffee served with the Menu Blackstone Health, Inc. 401-728-9290</p>